



Essex County Athletic Association

Minutes of the Annual General Meeting of the Essex County Athletic Association held in the clubhouse of Chelmsford Athletic club, Melbourne Park, Chelmsford on Monday 4th December 2023 at 19:30 hours.

Present:

Allison Gillan (President) (Springfield Striders), Chris Akehurst (President Elect) (Colchester Harriers), Andy Catton (Chair) (Ilford AC), Gerry O'Doherty (Vice Chair) (Billericay Striders), Malcolm Bailey (Secretary) (Tiptree Road Runners), Diane Wooller, Rick Thompson (Colchester Harriers), Bernard Johnson, Jon Metcalf (Thurrock Harriers AC), Malcolm Potter (Springfield Striders), Kerry Marsh, Mark Lawes (Tiptree Road Runners), Michael Wilson (East London Runners), Kaye Merrywest Paul Merrywest (Life Vice Presidents), Doug Tierney, Jean Tierney (Havering AC), June Cork, Ron Dawson (City of Southend AC), John Weir, Sebastian Cirillo (Chelmsford AC), Scott Darney (Witham RC), Elaine Forrest Vicky Trevor (Brentwood Beagles), Bob Glasgow (Orion Harriers).

Apologies for Absence

Claire Levey, Richard Charleston, Paul Bailey, Rodney Silk, Daryl Blows, Phil Oatham, Keith Palmer Ray Pearce.

1. Minutes of the last AGM

The minutes of the last AGM held on Monday 5th December 2022 were approved as a true record of that meeting.

Proposed: Elaine Forrest Seconded: June Cork

2. Matters Arising

None

3. Presentation of the Accounts (Gary Chandler).

Overall Position

A healthy set of accounts again this year but with quite a lot of detail to highlight.

Outdoor T&F

This year overall profit in T&F was £9625 (up from £5624 last year). A couple of factors lead to this increase:

- Firstly the multi event championships were held in conjunction with Eastern AA at zero cost to the county. In past years we had traditionally lost £1k+ hosting this event due to low participation numbers, so financially this made a lot of sense although I have yet to hear if Eastern AA broke even and if they will look to do something different next year.
- The main champs saw an overall profit significantly up from 22/23 boosted by athlete entry fees and spectator fees and I have suggested to the T&F sub-committee that they may wish to consider an entry fee reduction next year (for at least juniors).

Indoor T&F

After increasing entry fees in 2023 the event made a healthy profit of £3277. This was boosted by lower hire charges from Lea Valley, no longer printing programs and a doubling of spectator entry fees helped by the purchase of a Sumup card payment machine (the introduction of which has been a huge success and dramatically reduced the amount of cash being handled by the county which has been a concern of the auditor for some time).

Cross Country

Income from the 3 XC events was just £318 this year, significantly down on the prior year. This was down to an administrative error at the XC relays where teams were asked to pay the incorrect entry fee – this resulted in that event alone losing £2400, virtually eradicating any profit we made from the Vets and main champs.

Road

The only income-generating event for the county is now the road relays and this saw a profit of £1000 (down on the prior year). This was due to us combining the event with Suffolk AA and whilst it reduced the income from the event, the event itself proved a huge success so will be repeated in the coming year.

Expenses

All pretty self explanatory, perhaps I'll mention just a few of the larger items:

1. Essex AA paid 75% of the cost of building a new website (£2368) which is hoped will finally go live before the New Year.
2. The cost of sending county teams to events jumped from £3800 to £5700. Due to more events being supported.
3. Equipment purchase totalling £1882 were for the following items:
 - a. SumUp Machine for T&F £119
 - b. Walkie Talkies for T&F £225
 - c. Printer £129
 - d. Tablets for T&F £473
 - e. Gazebo £938
4. Within general expenses we purchased Essex branded clothing for officials that cost £311
5. Overall the expenses incurred by the county increased by 70% from £7500 to £12700.

Summary

An overall surplus of £3,114 for the year despite significant investment where the committee felt this was appropriate.

We should also recognize that we started to pay officials an allowance for attending events (£10 per day) the main cost of which was for T&F but it also affected XC too. The £10 allowance is certainly something that could be increased in the coming year should the committee chose to do so. Interestingly though just over 40% of officials chose not to claim the allowance.

Finally, thanks again to Rodney Silk, our honorary auditor, who audits the accounts annually for us, and has done so for over 40 years.

Gary Chandler

Honorary Treasurer

(Copy of the Income & Expenditure statement and Balance sheet to 30th September 2023 will be sent to all club secretaries and posted on the County website)

A question was asked the value of medals (£4,040) that is held in stock by County. Gary explained that in view of the number of medals that are given out during the course of the year and that they are sourced in China (and that it takes around three months for these to be received after placing an order) and with stocks running low that an order been made to ensure that we have sufficient number of medals to meet demand over the next few months.

Proposed by: Gary Chandler Seconded by: June Cork

4. Presentation of Secretary's report.

I will start of my report by offering my sincere thanks to all the officials, team managers and volunteers that support Essex events over the year. Sometimes they out in dreadful weather and their enthusiasm and commitment is to be admired and appreciated. Without you all these events would not take place.

Cross Country

This year the County Championships for all age groups took place at Gloucester Park, Basildon.

Entries in some of the events were up; in the U13 and U15 categories these increased by between 30- 50% on the previous championships which was pleasing as this year they were combined with the senior championships, where previously they had raced on the Vets day.

Some races were down, notably the Senior Women (20%) and the U20 Women (25%), although the later only had 6 entrants and this race was combined with the U17 men.

Championships went well with a positive feedback received; comments received included 'Best Championships for years'.

Some exciting changes are planned for the 2024 championships which will be held at Basildon. The aim is to re-invigorate the event to make it more spectator friendly and enhance the running experience for all athletes.

The XC relays took place at Weald Park in September. Due to a clash of dates with the SEAA road relays our event was changed to a week earlier. Unfortunately, this created problems for our chip timing company ("ATW"), who were then covering three events on the same day. There were also issues with a new entry system that ATW had recently introduced which caused significant problems for team managers when they were entering their runners.

There have been a few problems with Chip Timing companies used at Essex events this year at both XC and Road events. ATW are very helpful and receptive to supporting our needs and a meeting has recently been held with the company to endeavour to resolve the issues that were encountered during the year to ensure that all events held next year, go smoothly.

At the XC relays a total of 580 runners completed the course on the day.

It is likely the 2024 event will take place later in the year (possibly October).

The CAU Inter Counties Championships took place at Prestwood Hall in March. There were some excellent performances by Essex athletes. Megan Harris (Chelmsford AC) 1st U20 Woman, Olivia Forrest (Brentwood Beagles) 4th U15 girls with team wins for the U17 men's and U13 boys.

Vets championships were held at Writtle last Saturday.

Many thanks to all the host clubs for putting on an event this year.

In addition, I wish to thank Allison Gillian for undertaking the role of XC Secretary for the year. She was ably supported by Chris Akehurst and a number of other volunteers.

Also big thanks to our team managers, Paul Bailey and Phil Oatham for all their support during the year.

Track & Field

Essex indoor championships were held in conjunction with Eastern Counties in March at Lee Valley, which overall went extremely well. It was hoped that the 2024 championships would take place in February but the dates that we sought had already been booked by the SEAA. Andy Catton has contacted them to express our disappointment that they have taken our usual date.

Outdoor track and field championships took place in May. Due to the ongoing refurbishment of the track at Chelmsford, Thurrock Harriers very kindly offered to host the event at fairly short notice. We also received offers to host from City of Southend and Woodford Green with Essex Ladies. Many thanks to all these clubs.

Overall the weekend was successful. Roster system was used for the first time and despite a few teething issues, it went well. Main area of concern was that we are around 20 officials short which caused a few logistical problems.

County relays took place at Chelmsford. The competition was for the U13/15 and 17's year age groups. Weather was not ideal and it finished fairly close to the closing time of the track. Good meeting which was enjoyed by those that took part but some competitors struggled to arrive at the venue due to the high volume of traffic on the roads.

5k track championships were held at Ilford AC as part of their 100 year celebrations. 50 took part. Winners Lizzie Wellstead (Colchester Harriers) and Dean Williamson (Colchester Harriers)

The 10k track championships were held at Braintree AC. 18 took part. Winners Lizzie Wellstead (Colchester Harriers) and Ben Felton (Chelmsford)

This year an Essex Mile championship took place at Chelmsford in June as part of Chelmsford AC Miles of Miles event. This was a very successful day, with over 200 athletes entering the championships.

The combined championships took place at Peterborough in September. They were incorporated into the Eastern AA championships. Day went well with 20 of the 85 athletes taking part being from Essex.

Inter Counties results for Essex

Age Category	Overall position
U13 girls	4th
U13 boys	1st
U15 girls	4th
U15 boys	4th
U17 women	3rd
U17 men	5th
U20 women	1st
U20 men	6th
Senior women	4th
Senior men	Joint 3rd

Well done to everyone especially to the U13 boys and U20 women for winning their competition.

My thanks go to all our excellent team managers for their support this year.

Road Running

This year there were 7 Grand Prix Championship events with the best 5 results qualifying for the overall Championships. As agreed at the Endurance meeting in October 2022, participation points were awarded for taking part in every championship event which meant that if someone completed all seven they collected an additional 28 points.

The Grand Prix also included a 5k road event this year on a trial basis. However, for 2024 the event will still be an Essex championship event but it will not be included in the Grand Prix series.

Grand prix series events were held at:-

- Essex 20 -Carver Barracks, organized by ATW in March. This also included an Invitational Inter Counties event.
- Marathon which was hosted by Halstead Road Runners in May
- 5 miles which was hosted by Springfield Striders at Pleshey in June
- 5k which was organized by ATW and held at the Northern Gateway in August
- Half Marathon which was hosted by Springfield Striders at Pleshey in September
- 10k which was hosted by City of Southend AC in October
- 10 Miles which was hosted by Tiptree Road Runners in October

The Individual and Team winners for each of the championships are detailed in the table below:-

EVENT	INDIVIDUAL-FEMALE	INDIVIDUAL - MALE	FEMALE TEAM	MALE TEAM
20 Miles	Jackie Stretton (Springfield Striders)	Peter Robinson (Springfield Striders)	Springfield Striders	Springfield Striders
Marathon	Ellie Baverstock (Orion Harriers)	Conor Culham (Braintree AC)	Tiptree Road Runners	Grange Farm & Dunmow Runners
5 Miles	Roanna Vickers (Colchester Harriers)	Dean Williamson (Colchester Harriers)	Colchester Harriers	City of Southend AC
5k	Lauren Reed (Havering AC)	Dean Williamson (Colchester Harriers)	Colchester Harriers	Colchester Harriers
Half Marathon	Lauren Reed (Havering AC)	Jack Nixon (St. Edmunds pacers)	Orion Harriers	City of Southend AC
10k	Roanna Vickers (Colchester Harriers)	Jack Nixon (Ilford AC)	Colchester Harriers	City of Southend AC
10 Miles	Lydia Callan (Colchester Harriers)	Shane Boxall (City of Southend)	Colchester Harriers	Springfield Striders

Overall Grand Prix winners

Individual

Female – Lydia Callan (Colchester Harriers)

Male – Peter Coates (Braintree AC)

Team

Female - Colchester Harriers

Male - City of Southend

Road Relays took place in April at the Northern Gateway, Colchester. These were hosted by Colchester Harriers. The event co hosted both the Essex and Suffolk Championships. Very successful

day with 660 runners completing the course. Havering AC won the female team title and Basildon the male.

My thanks go to all host clubs for supporting the various County Championship events.

Fell

We entered two teams into the Inter Counties Mountain Running championships which were held at Sedbergh, Cumbria.

The Men's team finished 11th out of 20 counties and the Ladies 14th out of 17. Both beating some Counties that are situated closer to the Fells than Essex!

Our team manager reported back saying that 'When the going gets tough the Essex Fell teams get going. Brilliant efforts from every team member with some notable individual performances.'

First home for the men was Richard Smith (Orion Harriers) and for the Ladies Ellie Baverstock (Orion Harriers).

My thanks go to John Clarke (team manager) for organizing and supporting the team on the day.

Walking

The Essex 10k walking championships were held in conjunction with an Enfield 1 hour race at Lee Valley.

Essex winners were Phil Barnard and Emma Dyos.

Summary

A big thank you to our outgoing president, Allison Gillian for all her support and hard work throughout the year, attending the majority of the Essex Championship events.

Chris Akehurst will take over this role for 2024.

It is with pleasure that I submit this report to the AGM.

Andy Catton commented that from his research, Essex AA hold more County events than any other County in the Country.

Proposed: Malcolm Bailey Seconded: Elaine Forrest

7. Election of Officers and Executive Committee

a) The President:

Chris Akehurst

Andy Catton presented a plaque to the outgoing President, Allison Gillan in recognition of her service to the County as President over the last twelve months.

b) President Elect:

Richard Charleston

Proposed (a –b) by: Gerry O’Doherty Seconded by: Andy Catton

c) Life Vice Presidents & Life membership:

Nominations had been received, and supported by the Executive committee, to award Life memberships to the following:-

Rodney Silk (Auditor to Essex AA for over 40 years)

Diane Wooller (for her outstanding service to Essex AA over a number of years)

Proposed by: Andy Catton

Seconded by: Gary Chandler

Andy presented Diane with her plaque. Rodney Silk was unable to attend the meeting due to a prior commitment and his plaque will be presented at a later date.

(As a number of Officers and Executive Committee have agreed to stand for a further year, it was agreed that we would propose and second these appointments ‘on block’)

d) Treasurer:

Gary Chandler

e) Secretary:

Malcolm Bailey

f) Chair:

Andy Catton

g) Vice Chair

Gerry O’Doherty

h) Vice Presidents/Life Members: (elect 6)

Jean Tierney, Ray Pearce, Kaye Merrywest, John Weir, Paul Merrywest and Ron Dawson.

Proposed: Elaine Forrest Seconded: June Cork

i) Members of the Executive Committee (20 + Immediate Past President +1 Essex Schools representative)

Claire Levey

Keith Palmer

Diane Wooller

June Cork

Scott Darney

Richard Charleston

Rick Thompson

Michael Wilson

Elaine Forrest

John Clarke
Allison Gillan

Proposed: Andy Catton Seconded: Malcolm Bailey

New members elected to the Executive Committee

Nomination has been received from Brentwood Beagles to support Vicky Trevor being elected onto the Executive committee. This was unanimously supported by all those present.

Schools Rep- Seb Cirillo

At the meeting, Kerry Marsh volunteered to join the committee

(7 vacancies)

Proposed by: Andy Catton Seconded by: Malcolm Bailey

i) Honorary Auditors: R Silk has expressed his willingness to continue as Honorary Auditor.

Proposed by: Gary Chandler Seconded by: Andy Catton

j) Honorary Trustees: K Merrywest, R Pearce, J Weir

Proposed by: Elaine Forrest Seconded by: Allison Gillan

All the above appointments were unanimously approved by all those present at the meeting.

9. Election of Officers for Executive Committee:

a)Track & Field Championship Secretary: Working Party group

b) Track & Field Secretary: Elaine Forrest

c) Track & Field Managers:

U13 Boys Paul Cheal

U13 Girls Joe Everitt

U15 Boys Daryl Blows

U15 Girls Ian Pike

U17 Boys Daryl Blows

U17 Girls Ian Pike

U20 Men June Cork

U20 Women Ian Pike

Senior Men June Cork

Senior Women Jo Ryan

Proposed by (a-c) Andy Catton Seconded by: Malcolm Bailey

d) Cross Country Secretary: Vicky Trevor

Proposed by Allison Gillan Seconded by: Gerry O'Doherty

e) Cross Country Team Managers

Male: Paul Bailey
Female: Phil Oatham

f) Road Running Secretary and Team Manager: Gary Chandler

g) Fell Team Manager: John Clarke.

Proposed (e-g) by Elaine Forrest Seconded by: Allison Gillan

h) Race Walking Secretary: Vacant

i) Race Walking Association Rep. Vacant

j) Eastern Region AA Rep.: Diane Wooller

k) England Athletics London Region representative: Andy Catton

l) England Athletics Eastern Region representative: Elaine Forrest

m) Officials Secretary:

Track & Field: Rick Thompson

Endurance: Diane Wooller

Proposed (j-m) by Elaine Forrest Seconded by: Andy Catton

n) Championships Record Secretary:

Track & Field – Covered by the Track & Field working party

Endurance: Vacant

o) Trophy Secretary: Vacant

p) Schools Liaison Rep.: Seb Cirillo

Proposed: Elaine Forrest Seconded: Andy Catton

q) Welfare Officers

Jean Tierney & Malcolm Bailey

Proposed by Gerry O'Doherty Seconded by: Andy Catton

All the above appointments were unanimously approved by all those present at the meeting.

10. Dates for 2024 meetings

Date (all Monday's) 2024	Meeting
29th January	Endurance*
5 th February	Executive
11th March	Track & Field *
8 th April	Executive
3rd June	Executive
1 st July	Executive
29th July	Track & Field*
2 nd September	Executive
7 th October	Endurance*
4 th November	Executive
2 nd December	AGM*

Meeting ended 8:10pm